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Health 5 - List View - Growth and Development

*** The objectives found in the 5th Grade Growth and Development strand must only be taught using the CCSD Fifth Grade Growth and Development Unit of Instruction. This unit of instruction has been approved by the CCSD Board of School Trustees per NRS 389.065. The Fifth Grade Human Growth and Development Unit of Instruction must be taught by the school nurse or a teacher designated by the school site administrator. It is recommended that a school nurse and classroom teacher or two classroom teachers be present in the room during all lessons. Please note that substitute teachers may not provide instruction on the Fifth Grade Human Growth and Development Unit of Instruction. During the unit, both fifth grade boys and girls must be taught separately and should get instruction in all lessons. According to district policy, students must have parent/guardian approval to attend this program. All teaching materials should be made available for parent/guardian review. To access the unit of instruction go to InterAct>EdLink>Instructional Design and Professional Learning Division>IDPL Health & Physical Education>IDPL Health>Sex Education Information>click on e-mail entitled, Fifth Grade Growth and Development Unit of Instruction.**

- (5)2.1 Identify the structures and functions of the following body systems: skeletal, muscular, nervous, circulatory/cardiovascular, digestive, respiratory, immune, and endocrine. * [1.5.2]
- (5)2.2 Develop an understanding of the structure and function of the male and female reproductive system. [1.5.3]
- (5)2.3 Develop vocabulary which permits a dignified discussion of body parts and processes. [1.5.3]
- (5) 2.4 Develop an understanding of the body changes that occur in the male and female during puberty.
- (5) 2.5 Recognize the emotional changes which accompany physical changes during puberty.
- (5) 2.6 Understand the importance of good personal hygiene and body care.
- (5) 2.7 Discuss how Human Immunodeficiency Virus (HIV) is transmitted.
- (5) 2.8 Describe the effects of HIV/AIDS on the immune system.
- (5) 2.9 Develop an understanding of the important decisions boys and girls make which will affect their lives.
- (5) 2.10 Develop the awareness for individuals to take personal responsibility of their actions.
- (5) 2.11 Develop an understanding that positive and open communication with parents/guardians is important.

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Health 8 - List View - Sex Education - Changes During Adolescence [CCSD Curriculum Engine]

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Health 8 - List View - Sex Education - Changes During Adolescence

- 9.1 Recognize physical changes which occur during adolescence. [1.8.1, 1.8.2, 1.8.3, 4.8.4]
- 9.2 Describe mental and emotional changes related to puberty. [1.8.1, 1.8.2, 1.8.3, 4.8.4]
- 9.3 Use correct anatomical terms for the reproductive systems. [1.8.1, 1.8.2, 1.8.3, 4.8.4]
- 9.4 Recognize the structures and functions of the male and female reproductive system.
- 9.5 Maintain positive and open communication with parents/guardians. [1.8.1, 1.8.2, 1.8.3, 4.8.3, 4.8.4]
- 9.6 Explain the importance of seeking advice from a trusted adult or medical professional when concerned about problems related to the reproductive system. [1.8.1, 1.8.2, 1.8.3, 4.8.3, 4.8.4]

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Health 8 - List View - Sex Education - Human Development and Pregnancy

Health - Sex Education - 2011

Note: Sexual activity is any form of sexual contact including, oral, vaginal, and anal intercourse. Students should understand that, when sexual activity is discussed, all of these forms are included under the term "sexual activity."

- 10.1 Define sexual activity. [1.8.1, 1.8.10]
- 10.2 Identify sources of influence related to sexual activity. [1.8.1, 1.8.10, 2.8.2, 5.8.1, 7.8.1, 8.8.2]
- 10.3 List physical, emotional, and social consequences of sexual activity. [1.8.2, 1.8.3, 5.8.1, 7.8.1, 8.8.1]
- 10.4 Describe the process of fertilization. [1.8.2, 1.8.3]
- 10.5 List the signs and stages of pregnancy. [1.8.2]
- 10.6 Explain the physical, social, and emotional changes that parents experience during pregnancy. [1.8.2]
- 10.7 Discuss the importance of early prenatal care. [1.8.2, 3.8.1, 3.8.2, 5.8.3]
- 10.8 Identify various substances that may be harmful to the mother and developing fetus. [1.8.1, 1.8.6, 2.8.6, 5.8.3, 8.8.1]
- 10.9 Understand the causes of fetal alcohol syndrome. [1.8.2, 1.8.6, 1.8.10, 5.8.3]
- 10.10 Explain the physical, emotional, and social implications of a teenage pregnancy. [1.8.1, 1.8.2, 1.8.3, 2.8.2, 3.8.1, 8.8.1]
- 10.11 Determine the various responsibilities involved in parenting. [1.8.1, , 5.8.2, 7.8.1, 8.8.1, 8.8.2]

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Health 8 - List View - Sex Education - Healthy Relationships [CCSD Curriculum Engine]

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Health 8 - List View - Sex Education - Healthy Relationships

- 11.1 Define healthy peer relationships. [1.8.1, 4.8.3, 4.8.5, 5.8.1, 6.8.3]
- 11.2 Evaluate influences on relationships. [1.8.3, 2.8.2, 7.8.1, 8.8.2]
- 11.3 Compare a healthy versus an unhealthy dating relationship. [4.8.3, 4.8.5, 7.8.1, 8.8.1]
- 11.4 Develop personal limits in order to protect oneself from dangerous situations.
- 11.5 Understand statutory rape pursuant to Nevada law.
- 11.6 Analyze the consequences of violating the age of consent in accordance with Nevada law.
- 11.7 Apply conflict management techniques. [4.8.1, 4.8.3, 4.8.5, 5.8.1, 6.8.3]
- 11.8 Understand family relationships. [4.8.3, 4.8.5, 7.8.1, 8.8.1]

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Health 8 - List View - Sex Education - Abstinence and Contraceptive Methods

- 12.1 Define abstinence. [1.8.1, 1.8.2, 1.8.3]
- 12.2 List the physical, emotional, and social benefits of abstinence. [1.8.1, 1.8.2, 1.8.3]
- 12.3 Practice refusal skills strategies to reinforce the decision to remain abstinent. [1.8.1, 6.8.2]
- 12.4 Define contraceptives. [1.8.1, 2.8.2]
- 12.5 Compare the benefits of abstinence to the effectiveness of common contraceptive methods. [1.8.1, 1.8.2, 1.8.3, 2.8.2, 4.8.1, 7.8.1]
- 12.6 Discuss the role of abstinence in preventing pregnancy and sexually transmitted infections. [1.8.1, 1.8.2, 1.8.3, 2.8.2, 4.8.1, 5.8.2, 7.8.1, 7.8.5]
- 12.7 Explore the positive and negative implications regarding the use of various contraceptive methods. [1.8.1, 1.8.2, 1.8.3, 2.8.2, 4.8.1, 5.8.2, 7.8.1, 7.8.7]
- 12.8 Discuss resources where contraceptive methods can be obtained.
- 12.9 Discuss with parent/guardian how to obtain contraceptive methods.

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Health 8 - List View - Sex Education - Sexually Transmitted Infections [CCSD Curriculum Engine]

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Health 8 - List View - Sex Education - Sexually Transmitted Infections

Health - Sex Education - 2011

- 13.1 Describe how sexually transmitted infections are acquired. [1.8.9, 1.8.10, 2.8.5, 3.8.1]
- 13.2 Describe the signs, symptoms, and prevention of various sexually transmitted infections. [1.8.9, 1.8.10, 2.8.5, 3.8.1]
- 13.3 Explain that some sexually transmitted infections are curable and some are incurable. [1.8.9, 1.8.10, 2.8.5, 3.8.1]
- 13.4 Define HIV and AIDS. [1.8.9, 1.8.10, 2.8.5, 3.8.1]
- 13.5 Recognize that HIV is not transmitted by casual contact. [1.8.1, 1.8.2, 1.8.9, 1.8.10]
- 13.6 Describe ways to reduce the risk of HIV and other sexually transmitted diseases. [1.8.9, 1.8.10, 2.8.5, 3.8.1,]

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Health Education HS (Semester) - List View - Sex Education - Endocrine and Reproductive Systems [CCSD Curriculum Engine]

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and Reproductive Systems**

- 9. Endocrine and Reproductive Systems**
- 9.1** Examine the structures and functions of the endocrine system. [4.12.3]
- 9.2** Review the structures and functions of the male and female reproductive system. [4.12.3]
- 9.3** Use correct anatomical terms. [1.12.1, 1.12.2, 1.12.6]
- 9.4** Understand the importance of self-examination in order to maintain reproductive health. [4.12.3, 7.12.4, 8.12.1]
- 9.5** Maintain a positive and open communication with parents/guardians. [4.12.2]
- 9.6** Explain the importance of seeking advice from a trusted adult or medical professional when concerned about problems related to the reproductive system. [4.12.2, 4.12.3, 5.12.1, 5.12.3, 7.12.7]

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Health Education HS (Semester) - List View - Sex Education - Human Development and Pregnancy [CCSD Curriculum Engine]

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**Health Education HS (Semester) - List View - Sex Education - Human
Development and Pregnancy**

- 10.1** Recognize the early signs of pregnancy. [1.12.1, 7.12.4]
- 10.2** Identify physical and emotional changes a woman goes through during their pregnancy. [1.12.1, 4.12.3]
- 10.3** Identify the impact teenage pregnancy has on the physical, mental, and emotional well-being of teenage parents. [1.12.1, 5.12.4]
- 10.4** Describe the health risks involved in teenage pregnancies. [1.12.1, 2.12.5, 7.12.4]
- 10.5** Describe the components of appropriate prenatal health care. [3.12.1, 5.12.1, 6.12.2, 7.12.4, 8.12.1]
- 10.6** Differentiate between a zygote, embryo, and fetus. [1.12.1, 7.12.4]
- 10.7** Identify substances known to cause problems for a developing fetus. [1.12.5, 1.12.6, 4.12.2, 5.12.3]
- 10.8** Define and describe common birth defects. [1.12.1]
- 10.9** Identify the stages of labor. [1.12.1, 1.12.4]
- 10.10** Simulate parental responsibility for care of children and financial obligations towards a family. [2.12.2, 5.12.2, 7.12.4]

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Health Education HS (Semester) - List View - Sex Education - Healthy Relationships [CCSD Curriculum Engine]

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Health Education HS (Semester) - List View - Sex Education - Healthy Relationships

- 11.1** Describe how healthy relationships develop over time. [4.12.2]
- 11.2** Develop personal limits in order to protect oneself from dangerous situations. [4.12.1]
- 11.3** Understand statutory rape pursuant to Nevada law. [1.12.7, 1.12.8]
- 11.4** Analyze the consequences of violating the age of consent in accordance with Nevada law. [7.12.1]

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**Health Education HS (Semester) - List View - Sex Education -
Abstinence and Contraceptive Methods**

- 12.1 Comprehend the definition of sexual activity. [1.12.7, 2.12.2, 2.12.3, 2.12.5]
- 12.2 Describe the benefits of abstaining from sexual activity. [1.12.7, 2.12.2, 2.12.3, 2.12.5]
- 12.3 Discuss the physical and emotional consequences of sexual activity. [4.12.1, 4.12.3, 5.12.1, 5.12.2, 6.12.1, 8.12.2]
- 12.4 Practice refusal skills strategies to reinforce the decision to remain abstinent. [4.12.1]
- 12.5 Describe the importance of maintaining self-control in order to attain long-term goals. [4.12.1]
- 12.6 Explain the types and functions of contraceptive methods. [1.12.1, 1.12.11, 3.12.1, 3.12.2]
- 12.7 Analyze the effectiveness of contraceptive methods. [1.12.1, 1.12.11, 3.12.1, 3.12.2]
- 12.8 Explore the positive and negative implications regarding the use of various contraceptive methods. [1.12.1, 1.12.11, 3.12.1, 3.12.2]
- 12.9 Discuss resources where contraceptive methods can be obtained. [1.12.12, 3.12.1]
- 12.10 Discuss with parent/guardian how to obtain contraceptive methods. [2.12.1, 3.12.2]
- 12.11 Gain knowledge of the health resources available in the community. [4.12.2, 4.12.3, 5.12.1, 5.12.3, 7.12.7]

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Health Education HS (Semester) - List View - Sex Education - Sexually Transmitted Infections [CCSD Curriculum Engine]

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Health Education HS (Semester) - List View - Sex Education - Sexually Transmitted Infections

- 13.1 Classify the most common types of sexually transmitted infections according to symptoms and causative agents. [1.12.11, 2.12.3, 2.12.4, 7.12.4]
- 13.2 Explain the harmful effects of the most common types of sexually transmitted infections. [1.12.11, 2.12.3, 2.12.4, 7.12.4]
- 13.3 Describe the treatment of the most common types of sexually transmitted infections. [1.12.11, 2.12.3, 2.12.4, 7.12.4]
- 13.4 Differentiate between HIV and AIDS. [1.12.11, 2.12.3, 2.12.4, 7.12.4]
- 13.5 Describe how HIV/AIDS affects the body. [1.12.11, 2.12.3, 2.12.4, 7.12.4]
- 13.6 Discuss ways to prevent the spread of HIV and sexually transmitted infections. [1.12.11, , 2.12.3, 2.12.4, 7.12.4]

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